


# Ellington Senior Center Calendar

## May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>EMAT APPTS</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing (beginner) 1pm Line Dancing 1:30pm <b>Ellington Singers Vernon Manor 10:30am</b>  Stop & Shop	<b>EMAT APPTS</b> Bridge 9:00am Dominos 1:00pm Setback 7:00pm  <b>“Out To Lunch”</b> <b>Olive Garden, Enfield 1pm</b>  Geissler’s	<b>EMAT APPTS</b> HVCC Transit Podiatry Clinic 9:00am Shuffleboard 2:00pm <b>Ellington Singers Fox Hill 10:15am</b>  Big Y	<b>EMAT APPTS</b> Sew & So/Crafts 9:30am Canasta 1:00pm <b>Ellington Singers Wells Village 10:30am</b>  <b>Balance Clinic</b> <b>Alcyone Brennan 2pm</b>	<b>EMAT APPTS</b> Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm  <b>Fair On The Green 5/8/10</b>  SAT- 5/8/10 Setback @ 7:00pm
10	11	12	13	14
<b>EMAT APPTS</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing (beginner) 1pm Line Dancing 1:30pm Musical Insights 6:00pm <b>Ellington Singers - Tolland at Wood Lake 10:30am</b>  Stop & Shop	<b>EMAT APPT</b> Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm  <b>Tower of Work</b> <b>Lee Almand, VNA Health Care (2pm)</b>  Geissler’s	<b>EMAT APPTS</b> HVCC Transit Shuffleboard 2:00pm  <b>Ellington Singers –Senior Center Pot Luck Luncheon 12:00pm</b>  Big Y	<b>EMAT APPTS</b> Sew & So/Crafts 9:30am Better Age Club 1:00pm Canasta 1:00pm	<b>EMAT APPTS</b> Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm  SAT – 5/16/10 Setback @ 7:00 p.m.
17	18	19	20	21
<b>EMAT APPTS</b> Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing (beginner) 1pm Line Dancing 1:30pm  Stop & Shop	<b>EMAT APPTS</b> Bridge 9:00am Setback 7:00pm  <b>Dr. Shahab,</b> <b>Ellington Behavioral Health</b> <b>Lunch &amp; Learn 11:45am</b>  Geissler’s	<b>EMAT APPTS</b> HVCC Transit Shuffleboard 2:00pm  <b>Volunteers Breakfast (9am)</b>  Big Y	<b>EMAT APPTS</b> Sew & So/Crafts 9:30am Canasta 1:00pm Memory & Creative Writing 1:00pm	<b>EMAT APPTS</b> Mahjongg 10:00am <b>Parkinson Support Group 10:00pm</b> Ballroom Dance 1:00pm Polka Social 2:30pm  SAT – 5/22/10 Setback @ 7:00 p.m.

24	25	26	27	28
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing (beginner) 1pm Line Dancing 1:30pm Musical Insights 6:00pm  Stop & Shop	<b>EMAT APPTS</b>  Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm  <b>Movie Time 1pm</b>  Big Y/Walmart- E. Windsor	<b>EMAT APPTS</b>  HVCC Transit <b>Wii games 12:00pm</b> Shuffle Board 2:00pm	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am   SAT – 5/29/10 Setback @ 7:00 p.m.
31				
<b>Senior Center Closed in Observance of Memorial Day</b>				<b>*Note: Schedule subject to change without prior notice</b>
Upcoming Activities		Monthly Features		Reminders
<b>Transportation 6/1/10 (Stop &amp; Shop/Geisslers)</b>  TRIAD Ice Cream Social – 6/3/10 (1pm).  Balance Clinic – Wednesdays – June 2, 9, 16, 23 (10am – 10:45am). Cost \$15 residents; \$20 non-residents.  Volunteers Meeting – 6/9/10 (10am).  Long Term Care Policies – 6/16/10 ( <b>6:30pm</b> )  Sylvia Kravitz – Special Recognition – 6/26/10  <div style="text-align: center;"><b>Evenings</b></div> Cards: Setback – Tuesday & Saturday's - (7pm).		Ballroom/Polka Social – Friday, Ballroom(1pm); Polka (2:30pm) Better Age Club – Meetings 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 <sup>nd</sup> & 4 <sup>th</sup> Tues of the month (1:30pm) Bridge – Tuesdays (9am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Mahjongg – Friday (10am) Memory & Creative Writing – 3 <sup>rd</sup> Thursday of month (1:30pm) Movie Time – Last Tues of month (1pm) Musical Insights – 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of the Month (6:00pm) Out To Lunch – 1 <sup>st</sup> Tues of month (1pm) Podiatry Clinic – First Wednesday of month (9:00am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am beginners) (11:30am advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		<b>Transportation Line:</b> <b>860-870-3137</b> <b>Hours: 9:00 a.m. – 1:00 p.m.</b>